

7 Signs You Should Be Taking Probiotics – Saturday Strategy

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Dr Olivia Naturals

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Danette May



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Signs And Symptoms

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Mark Hyman, MD

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lilykoi hawaii

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FitLifeTV ✓



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Top 10 Probiotic Boosters

Dr. Josh Axe

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Dr. Josh Axe

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Dr. Chris Sovey

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Brown Sushiel 1 year ago

Dude i will tell you One think...I Born in India and i leave in USA now...I Live on Herbal cure.for example.1.Turmeric is a natural antibiotic,Kills bad cells,and is clears ur toxic from your body/2 Neem

👍 70 🗨️ REPLY

Hide replies ^



Lisa Jaden 1 year ago



👍 1 🗨️ REPLY



miamar 10 months ago
Brown Sushiel turmeric is great!!

👍 1 🗨️ REPLY



Brown Sushiel 10 months ago
Butter milk with pinch of tumeric in it.

👍 1 🗨️ REPLY



velly jatt 10 months ago
Brown Sushiel tell something new

👍 🗨️ REPLY



anirudh jadhav 10 months ago
velly jatt hey velly

👍 🗨️ REPLY



velly jatt 10 months ago
Hi

👍 🗨️ REPLY



anirudh jadhav 10 months ago (edited)
Kaise ho...???

👍 🗨️ REPLY



velly jatt 10 months ago
+anirudh jadhav vdia , tum sunao

👍 🗨️ REPLY



anirudh jadhav 10 months ago
Vdia means

👍 🗨️ REPLY



anirudh jadhav 10 months ago
Konsi treatment le rahe ho..???

👍 🗨️ REPLY



anirudh jadhav 10 months ago
Bol bhai

👍 🗨️ REPLY



👍 🗨️ REPLY



anirudh jadhav 10 months ago

WhatsApp kar 97665 74496

👍 🗨️ REPLY



velly jatt 10 months ago

Research toh boht ho gyi. Ab in sab chijo ko use mei lana hai. Probiotics like dahi , papaya, kali mirch , pudina, dhaniya, apple cider vinegar, cocnut oil ,ajwain, jeera

👍 🗨️ REPLY



anirudh jadhav 10 months ago

velly jatt vsl#3 use kiya kya..???

👍 🗨️ REPLY



mili 8 months ago

if you really have lots of free cures, gives us a real cure for nail-fungus. There is NO cure to that. Do y

👍 1 🗨️ REPLY



Nested Circles 6 months ago

Brown Sushiel man God bless you I'll try turmeric

👍 🗨️ REPLY



debra durling 4 months ago

Brown Sushielhi what do you mean 2 need tree ? Just wondering
Im taking turmeric

👍 🗨️ REPLY



Alia Putri 2 months ago

debra durling its a tree called neem tree

👍 🗨️ REPLY



pdid427 1 month ago

mili I cured my nail fungus in just a few weeks. Using only natural cures... YES there is a cure





Brown Sushiel hello sir, I've brain cancer. Any advise you have is so much appreciated.

👍 🗨️ REPLY



pdid427 1 month ago

Graham Dean so sorry to hear of your illness. Sending you blessings of love & good health. The fact that you are searching and looking for other answers. Proves how strong you are.

Read more

👍 1 🗨️ REPLY



Pauline bergeron 2 weeks ago

Brown sushiel, how can I eliminate chronic constipation and not sleeping

👍 🗨️ REPLY



UreaSmith 1 year ago

I eat kefir and fermented veggies daily. Plenty of probiotics, better than the capsules.

👍 79 🗨️ REPLY

Hide replies ^



Ronnie Hill 1 year ago

Absolutely. Milk kefir is by far the best.

👍 6 🗨️ REPLY



Caleb Gruber 1 year ago

I learned that the cultures in kefir are able to actually form colonies in your gut more so than kombucha or yoghurt, such that you have to drink kombucha most days to get the

👍 4 🗨️ REPLY



Pravin Lall 1 year ago

UreaSmith Not sure what kefir is but i eat lot of yogurt on a daily basis. Is this just as good as capsule or kefir i wonder.

👍 🗨️ REPLY



Caleb Gruber 1 year ago

Generally no. Most commercial yogurt has been pasturized. semi pasturized.



Read more

👍 🗨️ REPLY



Ronnie Hill 1 year ago

I've never heard Kefir being referred to as a "scooby". It's my understanding that Kefir is essentially a bacterial culture while something like kompucha is generally referred to as a

👍 🗨️ REPLY



Ronnie Hill 1 year ago

+Caleb Gruber True, as both milk kefir and water kefir have between 30-50 probiotic strains while kompucha and yogurt will have anywhere between 1 and 10. And because of

👍 🗨️ REPLY



Ronnie Hill 1 year ago

+Pravin Lal Nope. Kefir is better as it has more probiotics. Buy your own kefir culture and make your own. Easy to do and much cheaper and better for you than any store-bought kefir.

👍 1 🗨️ REPLY



Taco 1 year ago

Ive never heard of Kefir. Looks like i have to give it a go

👍 3 🗨️ REPLY



shawnc01980 1 year ago

can u get kefir and fermented veggies from whole foods?

👍 🗨️ REPLY



Caleb Gruber 1 year ago

shawnc01980

I haven't looked for sauerkraut at whole foods cause I make it myself, but I know you can get milk kefir in the yogurt section. But always

👍 2 🗨️ REPLY



UreaSmith 1 year ago

I never had a problem with acne (maybe a few pimples here and there when I was a young



Caleb Gruber 1 year ago

+Sam LSD I'm not a dermatologist but I believe one of the caused of acne is "bad" bacteria consuming excess oil & dead skin cells. Probiotics found in kefir probably don't have



REPLY



gcerpa 1 year ago

Water kefir (or tibicos in some countries) is the best, because you get all the benefits without the side effects of casein (milk protein). And it's as cheap as tap water and brown sugar.



REPLY



miamar 11 months ago

I love kefir, so yummy. But can it survive through the stomach acids?



REPLY



UreaSmith 11 months ago

yes



REPLY



Faith Joy 10 months ago

Could please let me know what is Kefir ? What is the brand ?



REPLY



Valah Vlah 10 months ago

UreaSmith kefir is is a type of yogurt



REPLY



alfistibrasiliani 8 months ago

Kefir are "grains", a group of good bacteria gathered that can ferment milk and create yogurt or ferment water with sugar. Kefir is the probiotic with the most types of good



REPLY



22utoo 7 months ago

Kefir works great so long as you don't have sensitivities to dairy. I tend to get slight sinus



👍 🗨️ REPLY



Insight Video 7 months ago (edited)

You can use water kefir if you're adverse to dairy. Nearly as good.

👍 🗨️ REPLY



pandarama67 7 months ago

Make your own. there is plenty of youtubes you can search on the subject.

👍 🗨️ REPLY



Insight Video 6 months ago

A "SCOBY" is a "symbiotic culture of bacteria and yeast" - so yes, the kefir "mother" can be called a scoby, because that's exactly what it is. It's a polysaccharide matrix of yeast and

👍 🗨️ REPLY



S S 2 months ago

UreaSmith where do u get kefir in India

👍 🗨️ REPLY



Mary Steele 2 years ago

Over the years I've had so many ailments . I started with my husband eating better and promoting better gut health. We had skin problems, scalp and food sensitivities. I started taking probiotics and started

👍 154 🗨️ REPLY

Hide replies ^



newton raymond 2 years ago

good luck on your journey

👍 🗨️ REPLY



Marshall McCrary 2 years ago

Good luck

👍 🗨️ REPLY



md salim 2 years ago

+Mary Steele good luck



How r u doing these days?



REPLY



buster560 1 year ago

Remember it's not the destination it's the journey.

Good Luck!



1



REPLY



leuanGuitar 1 year ago

Cool



1



REPLY



Darryl Hetherington 1 year ago

It's nothing to do with 'luck' kid, it's about planning your health. By the way fat is often a storage area for toxins that skinny 'healthy' folk don't have - Google that



1



REPLY



digol uno 1 year ago

I have spent months studying colon cleansing naturally and found a fantastic website at Dajons health plan (look it up on google)



REPLY



Mudit Gupta 1 year ago

Mary Steele how much have you lost by now?



4



REPLY



Mohamed Ahmed 10 months ago

here's a few suggestions for curing bad digestion

Use a high-fiber diet

try insoluble and soluble fiber

Cut down foods that are high in fat

Add probiotics into your diet

Eat meals on schedule ie the same time each day

Stay hydrated by drinking plenty of water

Skip habits such as smoking and drinking



through the digestive system,

Limit Too much stress or anxiety can cause your digestive system to go wrong.

(I learned these and the reasons they work from Marita Bio Pro website)

Show less

👍 🗨️ REPLY



Dian Douglas 10 months ago

There are a few ideas for treating bad digestion at home

try a high-fiber diet

try insoluble and soluble fiber

Cut down foods that are high in fat

incorporate probiotics into your diet

Try to eat on schedule ie the same time each day

Stay hydrated by drinking plenty of water

Skip habits such as smoking and drinking excessive caffeine and alcohol.

Exercise regularly to help keep food moving through the digestive system,

Limit Too much stress or anxiety can cause the digestive system to go wrong.

(I discovered these and the reasons they work on Marita bio pro site)

Show less

👍 🗨️ REPLY



Iva Gosic 10 months ago

here's several suggestions for treating bad digestion naturally

try a high-fiber diet

try insoluble and soluble fiber

Read more

👍 1 🗨️ REPLY



Deplorable American 9 months ago

Mary Steele good! :)

👍 🗨️ REPLY



Authentic & Well-researched Content 6 months ago

Mary Steele Also, incorporate digestive enzymes to have a wholesome effect on your

gut health and strength



👍 🗨️ REPLY



God's Property 6 months ago

Mary Steele...I wish you luck ma'am. God bless you and your husband!!!!

👍 🗨️ REPLY



chicki gurl 5 months ago

Mary Steele it's been a year now how did that work out for you and your husband if you don't mind me asking?

👍 1 🗨️ REPLY



Stan Drouen 2 years ago

Although the information is important and people do not pay shit attention to their gut...i can't help but hear the famous sentence: "buy my supplement" Drew Canole.

👍 51 🗨️ REPLY

Hide replies ^



StrengthCoachChet 2 years ago

+Stan Drouen If someone has a ton of inflammation that might not work, but on the whole yes, those are all anti-inflammatory foods that prevent things like leaky gut

👍 2 🗨️ REPLY



Andres Melara 2 years ago

O [[oooo

👍 🗨️ REPLY



Add a public reply...

CANCEL

REPLY



mishel nafsinger 2 years ago

Umi zoomi

👍 🗨️ REPLY



DAN8800 2 years ago

+Stan Drouen how is apple cider vinegar a probiotic? what about white vinegar?

👍 🗨️ REPLY



+DAN8800 Apple cider vinegar that has not been pasteurized aka. cooked has living organisms in it that are great for you body.

👍 1 🗨️ REPLY



StrengthCoachChet 2 years ago

+DAN8800

As long as it retains it properties then it would be considered a probiotic. In the long run those this all comes down to the persons gut, you could take all of the probiotics you want and if you aren't absorbing them then it's a waste. People need to be given a series of tests to determine and rule out what they need, most of the time from what I have found is that people are deficient in enzymes and stomach acid, two things you must have for proper absorption.

Show less

👍 2 🗨️ REPLY



DAN8800 2 years ago

+StrengthCoachChet

So do you suggest i buy something first for stomach acid and enzymes before probiotics? Which brands do you know are good?

👍 🗨️ REPLY



StrengthCoachChet 2 years ago

+DAN8800 You would need to take an HCL test to see if you are deficient in stomach acid. This would require a test packet that you can purchase through Poliquingroup.com

I am a PCIP coach through Poliquin, so all of my supplements come from them. They are pricey, if you don't have the money, then I would suggest getting your digestive enzymes through "Thorn" (Dipan 9 is a complete digestive enzyme) and "Natures Best" for the probiotic (live cultures ONLY).

More than likely you will need L-Glutamine(any brand will do), Ascorbic Acid (Vitamin C, any brand will do), and Fish Oil from Carlson's(I



fish fresh.

Show less

👍 🗨️ REPLY



DAN8800 2 years ago

+StrengthCoachChet

i know there are many hcl products to take from local stores to boost stomach acid, but not sure about digestive enzymes, there are so
Read more

👍 🗨️ REPLY



DAN8800 2 years ago

+Michael Whatley

yeah but i have never seen a bottle of ACV where on the bottle it says "Pasteurized", so i assume none of them are?

👍 🗨️ REPLY



Whatster87 2 years ago

Well it could be pasteurized and have mother added to it.

👍 🗨️ REPLY



DAN8800 2 years ago

+Michael Whatley

So if none of them say "Pasteurized" on the bottle i can only assume that it is pasteurized since they dont need to label it

👍 🗨️ REPLY



StrengthCoachChet 2 years ago

+DAN8800

Correct.

👍 🗨️ REPLY



StrengthCoachChet 2 years ago

+DAN8800

An HCL test you would take 1 pill with food, if you don't feel a warm sensation, then the next day take two with food etc etc until you get up
Read more

👍 1 🗨️ REPLY



HCl and pepsin and still no warming sensation...will increase to 4 or 5 and will give you the feed back..thanks as I thought I cld

👍 🗨️ REPLY



DAN8800 2 years ago

+StrengthCoachChet The store i visited none of the ACV bottles say Non-Pasteurized so i guess all of them are pasteurized and useless.

👍 1 🗨️ REPLY



Judy R. 2 years ago

+Stan Drouen you know that sounds great but, I ALWAYS, eat my carbs, vegetables, and fruits, and I still battled daily with gastritis, which was close to turning into an ulcer. Well, guess
Read more

👍 8 🗨️ REPLY



Rene Porcile 8 months ago (edited)

Yes, good point! To get the live enzymes the ACV (Apple Cider Vinegar) bottle label needs to say "Unpasteurized"

👍 🗨️ REPLY



Jennifer Marie 1 year ago

Interesting, I didn't know birth control pills affect your gut bacteria

👍 43 🗨️ REPLY

View all 7 replies ▼

Blu3AquaMarine 2 years ago

I love my probiotic supplements! I look and feel better after taking then :) my face cleared up, I'm less anxious and I'm happier.

👍 37 🗨️ REPLY

View all 8 replies ▼



Angela Madsen 11 months ago

My son was hit by a car in January. He had 6 weeks of intravenous antibiotics. He stopped wanting to



👍 31 🗨️ REPLY

View all 3 replies ▼



Focus WithFlo 2 years ago (edited)

Why to check with the doctor? They will never recomand probiotics....they stuff you with all kind of medicine that destroys your body and if is not working they end up recommading

👍 27 🗨️ REPLY

View all 4 replies ▼



Duncan Robertson 1 year ago

I make vegan lentil soup. I use the carrot, apple and beetroot pulp left over from my juices. Then add a teaspoon of sherry vinegar at the end. I take casinbiotic probiotics one a day. My mood has

👍 23 🗨️ REPLY



Nia B. 1 year ago

My mood, my skin and my health has drastically improved since taking probiotics!!!! I'm definitely going to try that green juice😊! [#probioticsupporter](#)

👍 13 🗨️ REPLY



Wan Syaidatul Aqma Wan Mohd Noor 1 year ago

Hello, I'm a Microbiology lecturer, this is a god video with a good msg. I'm going to share with my students and community!

👍 15 🗨️ REPLY



Baby Messy 1 year ago

how sad... i am so far.. i am from mauritius... i dont have a juicer... i just blend it in blender and drink..i am trying and helping my familly to for eating healthy...

👍 10 🗨️ REPLY

View reply ▼



Cathy Cain 1 year ago (edited)



it.

👍 10 🗨️ REPLY

Hide replies ^



MyGerm 1 year ago

I agree with you ACV looks good for your health but you have to add probiotics in it to call it prbiotic juice. Maybe you could add his product or any other probiotics in it.

👍 🗨️ REPLY



jacques Adiang 7 months ago

Cathy Cain Ever heard of "Raw ACV with the mother" ?

👍 🗨️ REPLY



Gabriel Emanuelli 10 months ago

In addition unfortunately in the US most meat, chicken contains high levels of "Antibiotics"! So even if you have not taken antibiotics itself you may have actually consumed it on your animal diet, so

👍 5 🗨️ REPLY



James Rock 2 years ago

I heard apple cider organic helps your good bacteria is it true?

👍 7 🗨️ REPLY

Hide replies ^



rough rooster 1 year ago

+James Rock no

REPLY

👍 🗨️



James Rock 1 year ago

really ?

👍 🗨️ REPLY



rough rooster 1 year ago

Just the real apple will help (Apple Crisp) and a really good probiotic "refrigerated type" with at least 50 billion cultures.



+James Rock It contains probiotics and digest enzymes. Probiotics need probiotics. So yes, it helps the good bacteria.

👍 🗨️ REPLY



eksempler I 1 year ago (edited)
doesn't applecider destroy the teeth?

👍 7 🗨️ REPLY

Hide replies ^



Unknown User 1 year ago
eksempler I use a straw ;)

👍 5 🗨️ REPLY



Pravin Lall 1 year ago
eksempler I Yes it can destroy your teeth and gum so drink it with a straw will solve the problem.

👍 2 🗨️ REPLY



Omar Gaming 1 year ago
eksempler I drinking it through a straw helps!
□□

👍 2 🗨️ REPLY



alfistibrasiliani 8 months ago
As long as you don't brush your teeth right after eating/drinking I believe that is fine. As far as I know we must all wait at least 1 hour after eating and then we can brush our

👍 1 🗨️ REPLY

Ateezy 4 months ago



eksempler I No. Its A Myth

👍 🗨️ REPLY



Megan Siana 2 years ago
wow definitely needed this video. I knew taking the pill birth control was messing me up. I definitely need probiotics. I have so many of these issues..

👍 6 🗨️ REPLY



why cant i buy one without montnly subscription??

👍 6 🗨️ REPLY



ToppCat 1 year ago

changing what you eat and drink. dead cell = dead body
fresh organic live foods = healthy cell=vibrant body!

👍 6 🗨️ REPLY



C. Anon 1 year ago

JUICING FRUITS AND VEGETABLES IS PROCESSING FOOD.

👍 5 🗨️ REPLY

Hide replies ^



Bonnie Shirley 1 year ago

Not killing the nutrients in the food

👍 2 🗨️ REPLY



C. Anon 1 year ago

+Bonnie Shirley

YES IT DOES KILL NUTRIENTS IN THE FOOD.
IT IS PROCESSED.

👍 2 🗨️ REPLY



Bert Jete 1 year ago

Lol it doesn't "kill nutrients" but it does destroy a lot of the fiber and the way it's absorbed by the body.

👍 3 🗨️ REPLY



Supreme Etnel 10 months ago

Bert Jete unless you use a blender and drink the everything.

👍 1 🗨️ REPLY



Skull Envy 17 hours ago

It breaks the fibers in the fruits and veggies..I never juice for this reason

👍 🗨️ REPLY



olive leaf extract, probiotics + enzymes and multi vitamins. I would love to have a masticating juicer

👍 4 💬 REPLY



rafiquel chowdhury 2 years ago

Thanks

👍 4 💬 REPLY

Hide replies ^



rafiquel chowdhury 2 years ago

Take care everybody pls

👍 1 💬 REPLY



MSMEYOUSENAME 2 years ago

+rafiquel chowdhury !

👍 💬 REPLY



petmom ful 2 years ago (edited)

I am making water kefir and growing a scoby for kombucha. How come I did not know about this stuff until now, and I am 61? I am going to FIRE my doctor. He and his friends have tortured me! Will

👍 5 💬 REPLY



Golden Ratio 1 year ago

Organic doesn't necessarily mean 100% nutritious!

👍 3 💬 REPLY



grassinspaceproject 1 year ago

woah dood, thx

👍 3 💬 REPLY



Karls Dean 2 years ago

I didn't know that apple cider vinegar had probiotics! I've been using it on my acne as a spot treatment for years and it works wonders. Now I know why! Can't wait to see what the long term effects of a probiotic

👍 3 💬 REPLY



Rishu V 1 year ago



👍 4 🗨️ REPLY

Hide replies ^



MyGerm 1 year ago

For IBS, I recommend you to try Align or VSL#3. These are quite well known products. FitLifeTV's product looks good for general gut health but for the specific ailments, you'd

👍 🗨️ REPLY



Kimmie Superstar 1 year ago

+MyGerm does aloe juice help too?

👍 2 🗨️ REPLY



StrengthCoachChet 2 years ago

1) Buy probiotic cultures, spores do not absorb as well in the gut 2) Absorption of probiotics is paramount, you take them immediately after waking up with a glass of water 3) DO NOT EAT RIGHT

👍 3 🗨️ REPLY

Hide replies ^



Kat Drake 1 year ago

thanks!!! I do mostly all the time but this is a great reminder!

👍 🗨️ REPLY



glen Mann 1 year ago (edited)

I made the juice I make sauerkraut and pickles fermented and my toenail fungus is clearing up from the inside out 😊

👍 12 🗨️ REPLY

View all 3 replies v



Deya Chacon 2 years ago

I am happy with my results, my cholesterol level dropped, I lost some pounds, my arthritis is much better now and no pain, I want to win the juicer to get to the rest of my treatments... love your videos and I

👍 2 🗨️ REPLY



THANKSSSS A LOOOTTT

👍 2 🗨️ REPLY



Geraldine McArdle 2 years ago

Try symprove a live bacteria for Bowel problems it really works

👍 2 🗨️ REPLY

Hide replies ^



Dianne Anderson 2 years ago

+Geraldine McArdle Where can you buy this product? Thanks

👍 🗨️ REPLY



Geraldine McArdle 2 years ago

any Chemist „ pharmacy „ where are you from

👍 🗨️ REPLY



Shreyash Gujrathi 1 year ago

very positive person! keep it up :)

👍 2 🗨️ REPLY



Jeff Lebowski 1 year ago (edited)

Take probiotics with milk, preferably whole or 2%. The fat will help the probiotics survive the stomach. Also feed probiotics with the three "B's"= bananas, beans and berries.

👍 8 🗨️ REPLY

Hide replies ^



Ronnie Hill 1 year ago

Or better yet, just drink milk kefir. It's 10X better than any other probiotics out there.

👍 🗨️ REPLY



itssandrew 1 year ago

what if you're allergic to dairy...

👍 🗨️ REPLY



Jeff Lebowski 1 year ago

Filtered water will also work. Cows milk is best



Like Dislike Reply



ouivalerie 1 year ago

the probiotic company uses trace mineral concentrate alone, another successful lady uses Celtic Salt. but that's what they need in a ferment or I get MOLD and STINK.

Like Dislike Reply



gregor lipovšek 10 months ago

Jeff Lebowski good bacteria kill bad bacteria?

Like Dislike Reply



alfistibrasiliani 8 months ago

that's arguable. Milk kefir has benefits, but milk itself is useless shit! The best option to go is Water+sugar kefir, period.

Like 1 Dislike Reply



Ruta Rozanske 2 years ago

Hey Drew, i want to share my experience..I used to be typical person eating all kind of junk food tons of sweets sipping wine on the weekends, but always unhappy, angry and always stressed, never happy

Read more

Like 2 Dislike Reply



Karina Lapotentova 2 years ago

love the video

Like 1 Dislike Reply

View reply ▾



Blaze Plays 5 months ago

[#PhagesHaveRightsToo](#) Remember THE BACTERIOPHAGE THEY PROTECTED US FROM MOST BACTERIA INFECTION [#PhageLifeMatters](#).

Like 1 Dislike Reply



Karls Dean 2 years ago (edited)


I've been sending all these videos about probiotics to



birth control pill for 10 years before realizing it was
Read more

👍 1 🗨 **REPLY**

Hide replies ^

 **700rwhp** 2 years ago
Heh, what a BS story

👍 🗨 **REPLY**



Deborah Harvey 1 year ago
Hi, thank you so much for your videos. You are an amazing inspiration . To make this juice is it ok to use a blender?

👍 1 🗨 **REPLY**



Talons X 2 years ago
I have IBS...will this help...and I suffer from Depression...

👍 1 🗨 **REPLY**

View all 2 replies v



Jen Durkin 1 year ago
i took antibiotics a year and a half ago for 30 days and one of the highest form of antibiotic.Let me tell you i got bad digestive problems today from the antibiotic I used for my kidney infection.If you take a

👍 1 🗨 **REPLY**



Vicky Jones 2 years ago
Working hard at getting better Juices, kiiefer and kombucha. Been sick for a long time but working towards getting healthy. Thanks for your videos.

👍 1 🗨 **REPLY**



Travy T 1 year ago
I have irritable bowl syndrome, and I started taking the garden of life probiotic and I haven't had anything close to an issue since. Literally night and day difference after the first use

👍 1 🗨 **REPLY**



Which one of the Garden of Life products do you use?

👍 🗨️ REPLY



Travy T 1 year ago

I used the refrigerated one called garden of life colon care. I now use the dr formulated mens once daily. Id suggest the colon care, and you can get it at most vitamin shops. Go for the

👍 🗨️ REPLY



MyGerm 1 year ago

Have you tried Align or VSL#3? These are quite well known products.

FitLifeTV's product could be good for general gut health but for the specific ailments, you'd better take special, confirmed probiotic strains.

<http://mygerm.com/probiotics/brands/align/>
<http://mygerm.com/probiotics/symptoms/probiotics-and-alcoholic-disease/>

Show less

👍 🗨️ REPLY



Travy T 1 year ago

+MyGerm Ive tried Align and that didn't work too well, and VSL #3 is very good but is extremely expensive. Garden of life is high quality and isn't very expensive. Not as good

👍 🗨️ REPLY



Mercelee Padayhag 2 years ago

hi...I am learning a lot. it's very difficult to cut sugars, now I will do my best to have a regular bowel movement which has become my problem for a year now. thank you.

👍 1 🗨️ REPLY

Hide replies ^



David 1 2 years ago

Look into phsyliim husks

👍 🗨️ REPLY



sugar. it's just so yummy, but remember you'll regret eating it later...so just don't.

👍 🗨️ REPLY



spurrellz 2 years ago

what would be the prebiotic that you would recommend

👍 1 🗨️ REPLY



Victoria - 2 years ago

I had IBS for years but in the last year or two my symptoms had become worse! I will feel constipated, bloated, in pain every day, miserable and irritable every single day that I started skipping meals! At first I cut my portions (that didn't help) then I started eating more vegetables (that didn't help either) and then I skipped my lunch (that was a bad idea again, because I was still ill) and then I spend my money on charcoal and different pills and teas and still NOTHING....my symptoms were still there till one day I've purchase a probiotic specially designed for bloating, pain and constipation and now.....I feel like a normal human being! It's called Nature's Bounty Probiotic GX Gas & Bloating formula which has a good strain of powerful bacteria called Lactobacillus Plantarum 299v and guess what? My pain is gone, my bloating and my constipation is gone and I go to the bathroom regularly! Forget about those Activia crap yogurt that are full of sugar (and actually "help" you get diabetes) they are all of bunch of lies, they don't help you so people try real active bacteria like probiotics that really help. They start working within hours...I'm really happy with this product, it's worth my money!

Show less

👍 1 🗨️ REPLY



Dom 1 year ago

I take probiotic pills now but in the past I was drinking water kefir and kombucha and I saw better results with the probiotic drinks

👍 1 🗨️ REPLY



👍 1 🗨️ REPLY



BlackVegeta9000 1 year ago

I have taken 3 rounds of Amoxicillin in the past this past month my stomach is not right and also my skin

👍 1 🗨️ REPLY

Hide replies ^



Stella Ilyayev 1 year ago

+Rico4801 than u must take probioitcs!!!
check out probioitcs by klaire labs. I love them
they are desighned for severe allergies and
food sensitives. I take bifidio factor-4. I had

👍 🗨️ REPLY



Deanna Maasbach 2 years ago

antibiotics cause Candida in my body,it destroyed to
flora in my lower intestines,I use Braggs
ACV..THANKS for the info.

👍 1 🗨️ REPLY



Amira 1 year ago

I'm sorprise you juice vegetables . You look so smart.
Juicing vegetables is bad,cause you take off the skin
which is important too,the whole vegetables is
important.

👍 2 🗨️ REPLY

Hide replies ^



Dope Fiend 6 months ago

Amira yes only if your not getting enough fiber

👍 🗨️ REPLY



SicaGR 2 years ago

When you juice you don't remove the skin on the
lime?

👍 1 🗨️ REPLY

View all 3 replies v



👍 3 🗨️ REPLY



Kathleen McKeon 2 years ago

I have been taking probiotics and am trying to learn how to ferment vegetables for the same benefit. The biggest change I have made is to buy Natren Trinity for others to introduce them to the idea of replacing

👍 1 🗨️ REPLY



Old Timer 3 months ago

SCAM.....

👍 1 🗨️ REPLY



Blaze Plays 5 months ago

If you guys hate Fruits such as apple,make them a juice,apple juice taste better than its own apple :D

👍 1 🗨️ REPLY



Mika Cotty 1 year ago

I'm so jealous of this Dude.who looks this dang good to be so right. MY GOD we have to talk

👍 2 🗨️ REPLY



God's Property 6 months ago (edited)

This is my first day on this channel and I must say that I'm impressed with Drew's education on "gut health". I came across this video while searching for a probiotic, as I now suffer from a poor digestive tract. Nothing health related, I've never had health issues. I just noticed that I stopped being regular. I began to have a lot of gas and bloating so I used

Dulcolax and it works, but it doesn't help to keep me regular. I will try this drink and give an update. Thank you for such a great channel. And oh yeah...I'll be getting a shirt too lol. God bless you and best of luck!!!!

Show less

👍 3 🗨️ REPLY



gcerpa 1 year ago



Taif Harris 1 year ago

You may have just saved my life. Incredibly informative. You are a real life lifesaver. Thank you and God bless you! :)

👍 3 🗨️ [REPLY](#)



Dennis Vu 1 year ago (edited)

I talked to two doctors (degrees at UCLA and UCSF). Both said probiotics and good bacteria are useless and baseless science. One recommended me to take more antibiotics for my stomach issues.....

👍 2 🗨️ [REPLY](#)

[Hide replies](#) ^



Caleb Gruber 1 year ago

Seriously? That is nonsense, those doctors should be ashamed, not only is there science supporting a link between gut flora and the brain, there is also loads of science supporting [Read more](#)

👍 3 🗨️ [REPLY](#)



Falks Family Days 1 year ago

hahahahah that's because no one gets paid in their field when you purchase and take probiotics. Make sure you don't hold degrees, titles, etc., above the truth.

👍 20 🗨️ [REPLY](#)



ouivalerie 1 year ago (edited)

THOSE DOCTORS ARE NOT ASHAMED OF THEIR SELVES, some consider themselves warriors killing off the stupid excess labor

populations that reproduce, drink beer, get fat, and lots of things they think shouldn't be getting born and lots of people agree with that. Seems they should be ashamed, thinking is different perspective, but somehow they obeyed the system rules to near perfection and were very smart, got that degree like a good boy or girl and feel they deserve money, even if they have to leave people with a fragment of truth that only



15 minutes.

Personally I think they have justifiers like if people are too stupid to pay them they have some right to deception or ignorant useless treatment or damaging down the road treatment.

They have non bankruptable student loans to pay and BIG PHARMA has them by the balls forcing them to push psycho meds or walk in the streets or be murdered.

They have an agenda to reduce the ungodly ignorant useless populations (largely who obviously live on baby energy so they make more babies they can't afford) way down and want to use dumb down meds to do it (shorten the lifespan) nicely. Well as long as it's not quick poison it's not murder and even if they die big pharma is gonna take care of the doctor.

Their illusion is very real. They are not there to heal. You walk in the door they will help if they can do it for the money they want in 15 minutes, or if they are curious or whatever.

The agenda was to limit consciousness and spiritual advancements. GMO is here to limit us as a species.

One of the biggest things is all thoughts create matter and so they don't care if their treatment works or not it's up to you and your oversoul and anyone connected to their oversoul can heal themselves, which I think really means find their way to the correct foods. I don't think healing will ever happen without interaction with growing plants works out, this earth is designed for growing things. So you need the juice.

Show less

👍 1 💬 REPLY



GholtGT 2 years ago

...



problems. My issue was I took two! Different

Read more

👍 1 🗨️ **REPLY**



Naomi Baptiste 2 years ago

Hi Drew i have been having digestive and severe tummy pain since i was a child ,even tho the pain went away for most of my adult life i recently got very sick all form the constipation gas and bloating

Read more

👍 1 🗨️ **REPLY**

Hide replies ^



Tammy Smith 2 years ago

McDonald's nuggets prep

👍 🗨️ **REPLY**



Tammy Smith 2 years ago

McDonald's nuggets prep

👍 🗨️ **REPLY**



Shirley Mays 2 years ago

How can I order your green power and pro biotic

👍 1 🗨️ **REPLY**



Mocha Cola 1 year ago

where can I get a juicer like the one you have in this video? I don't like the ones I see at local stores, that one you have they're is awesome. I really want to start juicing it up & getting healthier.

👍 1 🗨️ **REPLY**



Halil Kocoglu 1 year ago

Such a ganster. Woooooooow, Can I pleeease be your friend now please please. Dick head

👍 4 🗨️ **REPLY**

View reply v



Bee Cee 6 days ago

I recently have felt the need to be on a probiotic. Im only on day 2 and im on the toilet like crazy. Any



Creator N Muse 1 week ago

How do you feel about bioglan biotic balance ultimate flora?



REPLY



Marta Fleischauer 1 week ago

So birth control pills are weakening the immune system? That could be a reason why I was sick about 4 or 5 times only in the past year...



REPLY



Daniel Blackman 2 weeks ago

Snake oil salesman



REPLY



Candie Rose 3 weeks ago

Subscribed because I love Canoles



REPLY



Blacksoljah 1 month ago

[0:44](#) Can somebody fact check this guy? The 3 pounds of bacteria is more than ~150lbs of human cells?



REPLY



Raven X 1 month ago

thanks



REPLY



Cyn 1 month ago (edited)

Whenever I ate I felt like I had a huge rock in my stomach and nothing would digest properly. I was always gassy, bloated and at times constipated (sorry, tmi)! I also started to get terrible cystic acne all over my cheeks and did everything to stop it but nothing worked! So I heard digestive issues could cause the above and probiotics can help it out. So, my mom got me some probiotic gummies from walmart and while at first I was skeptical, I've been



big deal bc I used to get a new pimple at least once a day. I no longer feel as bad as I used to whenever I eat and I am definitely more energized and happier. Just takes two a day, I am in love with what these probiotics have done to my body. Definitely recommend probiotic intake into a daily routine.

Show less

👍 🗨️ REPLY



Xime Guzmán 1 month ago

□ □

👍 🗨️ REPLY



R Burns 2 months ago

I take a trace mineral that has Alfalfa, Kelp, and Dandelion..

The nutritionist that I get them from said it will help allowing me to go to the bathroom more better. I used to have IBS and have been free of its symptoms. So I was wondering if I should take a probiotic with the trace minerals. I take 2 types of pain medications for the past 8 years. I also had my first fusion done May 15th. I am pretty much cramped up a lot of times I am backed up where I can't go to the bathroom so I take Miralax in the stool softener when it gets real bad but I always wondered about probiotics cuz everybody has different opinions about him and they say it's good to take Just Like Heaven yogurt. But after watching your video I didn't realize that it helps all this other stuff too which I take Zoloft and I know you can mention about the serotonin and I take. If you think a probiotic would still be needed to take while taking the trace mineral and which one it is a good one to pick out or

how do you know which ones to pick out cuz there's so many different ones and so many different prices so any kind of help you out I really appreciate it thank you

Show less

👍 🗨️ REPLY



Jalani Cruz 2 months ago

Does probiotic pills work on ulcers



Serintonin

Serintonin is made in the brain only- not in your gut!



REPLY



Edwin Manna And The Learning Channel 2 months ago

Buttermilk is a good probiotic



REPLY



my tofu addiction 2 months ago

I am a new juicer. I have suffered for years barley able to move. Turns out I have rheumatoid arthritis. I got my fusion juicer for christmas and my life changed!!! For the first time in 8 years I am pain free. I am a recovering opiate addict for 15 years. I am terrified of pain pills. So I had to find another solution. My juicer is my best buddy! My juicer does not do greens very well and money is tight. I am hoping for a juicer like yours but the price is out of reach. So here goes! Thanks for all your info and encouragement you are awesome!

Show less



REPLY



Darry M 2 months ago

Probiotics are a scientifically proven scam.



REPLY



Jany Tamayo 2 months ago

Just the info I needed! Thank you 😊



REPLY

12 34 2 months ago



12

How often should I drink this? Every morning?



REPLY



A

Ali Ote 2 months ago

Just buy yakult



REPLY



tammy dwight 2 months ago

sweet and succinct thanks



wakeywakey 2 months ago

if youve taken antibiotics just take some yogurt and you'll be fine



REPLY



Remy Lebeau 2 months ago

I don't have a juicer, can I put those same ingredients in a smoothie and get the benefits?



REPLY



derrik tie 2 months ago

preworkouts also destroy ur gut bacteria ...I nitice that too..



REPLY



Awareness and precautions videos 3 months ago

GREAT video its very important to maintain gut health



REPLY



Shasanka Nanda 3 months ago

Very informative....



REPLY



Shasanka Nanda 3 months ago

Canadian Probiotics....

www.7amprobiotics.com



REPLY

Ms. meowsmeow Yeawhateva 3 months ago



I've been seeing that juicer everywhere what type of juicer is it



REPLY



Dragon Ball Super Clips 3 months ago

Yakult



REPLY



Michael Robinson 3 months ago



after using trubiotics. Not sure why but I've heard trubiotics contains milk. If kombucha works so well

👍 🗨️ REPLY

View reply ▾



7Suave 3 months ago

Wow! I want to be you. Or ...at least walk in your footsteps

👍 🗨️ REPLY



Delphine Goel 3 months ago

Im 58 years old and have been suffering with indigestion could not stomach any food burning sensation always n even started looking sicki started probiotics and im doing really good

👍 🗨️ REPLY

View all 4 replies ▾



Flavour Junction 3 months ago

Bad ass!!!!!! Holy master mind delivery of facts!!!

👍 🗨️ REPLY



Hina Fatima 3 months ago

2thumbs up!

👍 🗨️ REPLY



Kelly Wheelehan 4 months ago

I've taken Probiotics for years.I have Lactose intolerance,Celiac disease&Pancreatic Insufficiencyt.I can not digest any food w/out taking Prescription Enzymes.I have Lupus which most likely damaged my Pancreas. More then 90% of my Pancreas is non functioning.I'm female,5'5",went from weighing.130 lbs.down to [85lbs.in](#) less than 3months.Was not trying to loose weight. Anything I ate went right through me,losing any control of my [bowels.It](#) was NOT a good time!When I saw my G.I.,he said I was malnourished& starving to death!He said I most likely would have starved to death w/in 2more weeks,even though I was eating.!Enzymes& Probiotics are a given for me Enzymes keep me alive but can't 100%



still causes me problems. I'm never sure what Probiotic is best for me. Would this help? HELP!! (I have managed to maintain a weight of 105lbs., have no appetite, force myself to eat, am beyond exhausted constantly & brain fog is terrible!)

Show less

👍 🗨️ REPLY

View reply ▾



The Piper Isaiah 11:9 4 months ago

Why don't you put up the recipe for the juice? You have so much more info than the main reason for listening.

👍 🗨️ REPLY



Arthur Geer 4 months ago

WOW IM ABOUT DEAD BUT IM GONNA DO WHAT YOU SAY CAUSE I GOT ALL THE SYMPTOMS YOU SAY. IVE BEEN SUSPECTIN A GUT ISSUE BUT FROM WHAT YOU SAY AND THE LEVOFAXICAN ANTI BI

👍 🗨️ REPLY



Rochel Mariah Lan Bautista 4 months ago

a life span of probiotic is 48 hours and their lives in 2 degree celcius, but we have a egg molecule of pro and prebiotic

👍 🗨️ REPLY



Ghetto Gunfighter 4 months ago

No doctors! They don't care about probiotics. That's how I got in this mess in the first place!

👍 🗨️ REPLY



Mis Recetas Con Un Twist 4 months ago

Can I take this juice if I have acid reflux?

👍 🗨️ REPLY



RACHIT KHANDELWAL 4 months ago

I cured my IBS with probiotics. These small guys r awesome 😊 😊 😊 😊



midnite blue 4 months ago

U ARE YUMMMMMMMY !!!!



REPLY



nick empasis 4 months ago

Probiotics revitalizes our body to gain more energy building cells.



REPLY



Mickey Mouse 4 months ago

You right probiotic's seems to be the difference between night and day !



REPLY



Manny V 4 months ago

Idk seem like it would taste like shit and alot of work ill try to add some things



REPLY



john smith 5 months ago

There are several scientific studies showing that depression and anxiety is also caused by an ill gut and some specific bacteria will improve your mood. I used to remember which specific bacteria but if you



REPLY



Fusion Fitness 5 months ago

Gotta get that Gut health game up!



REPLY



Judi Moore 5 months ago

Hi, does Kombutcha count????



REPLY



Selectfew 5 months ago

you talk too much. i don't even know what your recipe is because i kept fast forwarding and it was all just blah blah blah



I need a juicer please I'm poor and I don't have a computer just an iPad as of know that is



REPLY



Mr. Logan 6 months ago

I want that juicer!



REPLY



David Tobar 6 months ago

Start juicing... :D



REPLY



Farheen Faiz 6 months ago

Can I use this drink...because I m astama patients



REPLY



Muhammad Saleem Kalhoro 6 months ago

Great Video



REPLY



Serena Sweeney 6 months ago

Number 1. Your amazingly hot. Number 2. You are sooo hot!



REPLY



Restored Beauty 6 months ago

so what probiotics do you recommend? I am 36 never taken any, thx



REPLY

Hide replies ^



Joy Sani 3 months ago

Hi there I personally recommend a symbiotic preparation containing both probiotics (alive bacterial strains) and prebiotics (substances that stimulate the growth and nutrition of



REPLY



Paola Jiggins - Realtor 7 months ago



Deanna S Gordinier 7 months ago

I can't wait to get started! This just makes so much sense!



REPLY



Miss Jnet 7 months ago

When I used coconut oil on my contact dermatitis, I just felt itchy and when I used it on my hands for dry aging hands - it just made them peel :/ it was a cheap brand tho.



REPLY



busywl69 7 months ago

\$50 for 1 bottle. right.



REPLY



nazi gol 7 months ago

is it also good for ibs?? if u have sth for that plz suggest me



REPLY



Dexter Morgan 8 months ago

I am not buying any supplements but I do get Karma which is like 3 dollars a bottle it's gluten free lactose free and vegan , its all made from plants and it's loaded with vitamins!



REPLY



RenegadeHart 8 months ago

I've read that Serotonin can only be used to increase

mood regularity. But it MUST be produced in the brain if you are to use it for the brain?



REPLY



Dane Boggs 8 months ago

probotics also help with keeping things moving. I shit healthy happy pervents bloating and consipation



REPLY



I love the smoothie juicer . I'm changing my life style .
Pescotarian and more vegetable juicing . My blender
not good as a juicer would be.



REPLY



jeanette c 8 months ago (edited)

I would love to have the juicer, I've been diagnosed
with gastroparesis and it took 5 years to be
diagnosed. I owe so many bills from drs, er, and
medications. I even had to take a medicine that
Read more



REPLY



Swabrina Dinarzad 8 months ago

i have been taking probiotic supplement for almost 3
weeks and i have started getting pimples on my chin
please help



REPLY



RoadKillzine 8 months ago (edited)

Sauerkraut is a great way to increase gut bacteria -
Probiotics are "good" bacteria that help keep your
digestive system healthy by controlling growth of
harmful bacteria.
Read more



REPLY



Melina 8 months ago

I would literally marry you just to have your last name



REPLY

Kara Souza 9 months ago



juicing is unhealthy



REPLY



Sal Caradonna 9 months ago

I take them only twice a week. Mine are 25 billion
CFU. Meaning they are ready to be used and are
activated once in the gut. There are many out there
that don't have the CFU marking on the label, throw



REPLY



no i am not clicking anything



REPLY



Deplorable American 9 months ago

Thank you for helping me. I genuinely appreciate you.



REPLY



Chezz van der Vos 9 months ago

Getting sick 2-3 times a year is weak immunity? What does that make 20+?! 😊



REPLY



Joann Cruse 10 months ago

just gave birth I'm trying to lose my body fat I've been watching thank you for the advice!



REPLY



Nikola Lukić 10 months ago

I have spent months investigating reducing bad digestion at home and discovered a fantastic resource at Marita bio pro (look it up on google)



REPLY



Brian Andrew 10 months ago

There are several components to reducing bad digestion naturally . One plan I found which succeeds in merging these is the Marita Bio Pro (google it if you're interested) definately the most helpful plan



REPLY

zohaib hassan 10 months ago



There are a few suggestions for curing bad digestion

try a high-fiber diet

eat insoluble and soluble fiber

Read more



REPLY



Disznaja Dagadt Disznaja 10 months ago

here's several ideas for lessening bad digestion

eat a high fiber diet



Read more

  **REPLY**

Elhedody Hedoo 10 months ago

There are a few suggestions for treating bad digestion at home try a high-fiber diet eat insoluble and soluble fiber Cut down foods that are high in fat Add probiotics into your diet Eat meals on

Read more

  **REPLY**



Kimberly Rueth 10 months ago

Hi, my name is Kimberly. My flora loss goes back to my birth as a premature baby being fed formula and god knows what else in 1964. I was told, my liver and kidneys had not developed yet. I have eaten all the

Read more

  **REPLY**



Subash Shrestha 10 months ago

I'm investigating simplest cure for bad digestion and found a great resource at Marita Bio Pro (look it up on google)

  **REPLY**



Hodorog 10 months ago

There are many components to natural remedies for bad digestion. One plan I found that successfully combines these is the Marita bio pro (google it if you're interested) without a doubt the best blueprint

  **REPLY**

velly jatt 10 months ago



I found your channel today and glad to see your enthusiasm towards natural foods and veggies. Thanks for enlightening people about power of Food.

  **REPLY**



elsps 10 months ago

How often should I consume this probiotic juice? Every day? And for how long?



Can bad bacteria in stomach causes muscle pain and fatigue?



REPLY



merita Holmes 10 months ago

drew I'm tired all the time and hurt in my shoulders neck arms and back help!



REPLY



Kelsey Cate 10 months ago

Oh my god I didn't realize antibiotics, pain meds, and even birth control effected gut health so much. I have one kidney and get UTIs and Kidney infections more than I should. In the last year I've taken so many



REPLY



Cam Par 10 months ago (edited)

what if you dont have any of these symptions but take them anyway, can it be bad for you? and are supplements worse than juicing?



REPLY



Ron Don The Mad Scientist 10 months ago

Thanks for the tips. I need to find a good juicer



REPLY



Marcel Magi 11 months ago

Isn't YouTube amazing! I've had a few little problems (everything was a little out of whack) late last year. I went to the doctors who did nothing. Didn't even get a proper once over. A friend of mine started talking



REPLY



dawoodwaris 11 months ago

Never use the juicer that throws away the fibre.



REPLY



PARADOX 11 months ago

Thank you Drew for sharing! Very imformative! 🙏👍



pranafire 11 months ago (edited)

Sweet T-shirt Drew!



REPLY



miamar 11 months ago

Digestive issues, acne, feeling depressed for no reason---I'm going to start taking probiotics.



REPLY



john terry 11 months ago

so confused how 227 people downvoted they must already all have IBS and hate themselves haha great video and channel awesome to have videos that can change people's health and lives thanks alot subbed.



REPLY



SwollenRhino 11 months ago (edited)

gross! I'd rather just take a Charcoal pill, it absorbs all the toxins an you flush em down the toilet. An my Probiotic's are 10 billion! for 1 tablet !



REPLY



Ellency 11 months ago

How is that blender called? :)



REPLY



Alex Jackson 11 months ago

just be aware there's quite a lot on misinformation here. This juicing business is no way near as good as eating whole foods/blending. You can get alot more

probiotics from fermented foods to not even need



REPLY



Daisy Christina 11 months ago (edited)

I just start taking raw probiotics from garden of life. Hopefully I will feel better and healthier soon.



REPLY



what I am screaming from the mountaintops for everyone I know to hear! Antibiotics are not the answer, nor are steroid shots. Food...real food is the

Read more

👍 🗨️ REPLY



Edith San Pedro 11 months ago

I feel good,,energetic and positive attitude...I lost 5 lbs in just four days ...thanks for your sharing this information..may God bless you always ...

👍 🗨️ REPLY



Jcee's Corner 1 year ago

You mention that taking antibiotics destroys ALL the good and bad bacteria. Did you make a mistake in this statement when you said "ALL" ?

👍 🗨️ REPLY



K Julieeya 1 year ago

so basically everyone should take a probiotic?

👍 🗨️ REPLY



George Zabaneh 1 year ago

I'm a full vegan. I don't eat healthy all the time but I do eat healthy nonetheless. I've been suffering with heartburn, acid reflux, bloating and excessive burping. When I eat greens like raw kale spinach

Read more

👍 🗨️ REPLY



Jose Pj 1 year ago

thanks for this info

👍 🗨️ REPLY



Baby Messy 1 year ago

i didnt say i will leave mauritius

👍 🗨️ REPLY



Hobbit Princess 1 year ago

I will try this juice because I been having digestive issues maybe because I take birth control



Priyanka Chovhan 1 year ago

your videos are eye opening videos....started to change my life.
thank you so much..I am glad I found you.
thanks again...

👍 🗨️ REPLY



King Ilasaros 1 year ago

i had once h.pylori..and the doctor i went to told me to take the following:
500mg antibiotic twice for 20 days.
750mg Flagyl three times for 20 days
omeprazol 20mg twice for 30 days.
after taking the pills i felt more terrible than before and still. it's been a year and half with this situation. This condition is even affecting my social life..i totally turned to another person i lost weight i don't feel good after meals.. nausea happens all the time..guts disorder..another doc dignosed my condition as IBS...so does probiotics solve my problem? please help me
Show less

👍 🗨️ REPLY



Kim's playlist 1 year ago

Thank you, this was very informative.

👍 🗨️ REPLY



Darryl Hetherington 1 year ago (edited)

....After all this bullshit and hype...go make some sauerkraut. 400 times more probiortics than the capsules at the health food store. Very simple to make, (ingredients? Sea salt and cabbage) The

👍 🗨️ REPLY



glendalynne janacek 1 year ago

Brain and Hart first

👍 🗨️ REPLY



Gallopeermeneer 1 year ago

Serotonin is not a happy molecule. Gross generalization It's used for tons of



Read more

  REPLY



Sophia Bleu 1 year ago

Good Advice., Became distracted with your flexing.
But very good advice

  REPLY